Know Your BMI!

Body Mass Index (BMI) is a measure of a person's weight in relation to height. Ask your doctor to help compute your BMI.

Date:	BMI:	Date:	BMI:

Know Your Glucose!

Glucose is sugar in the blood that is the body's main source of energy. If your glucose is too high or low, you may have diabetes.

Date:	Glucose:	Date:	Glucose:

List your current medications and dosages here:

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

Cholesterol Target:
200 or Less

Blood Pressure Target:
120/80 or Less

Blood Sugar Target:
80 to 120

Body Mass Index Target:
25 or Less

Mississippi's Chronic Disease Burden: a Heavy Load

Cardiovascular disease, diabetes and obesity are lifelong health problems that can take a serious toll on your health.

Cardiovascular disease, including heart disease and stroke, is the leading cause of death in Mississippi.

Diabetes kills thousands of Mississippians every year, and leaves others blind or otherwise disabled. Many Mississippians are diabetic, and don't even know it.

Obesity is a contributing risk factor for many chronic diseases (cardiovascular disease, diabetes, arthritis, cancer, etc.). Mississippi has one of the highest rates of obesity in the United States.

It's Your Health: Don't Take Chances
You can minimize your risk of developing a chronic disease by "knowing your numbers" and making a few simple changes in your life.

Stop tobacco use. Tobacco use is a leading contributor to the development of cardiovascular disease. It also affects healthy teeth and gums.

Start exercising. Exercise is good for the body, and can help you reduce your risk of developing a chronic disease.

Eat a healthy, balanced diet. Eating a healthy diet decreases your risk of developing high blood pressure, high cholesterol, and diabetes.
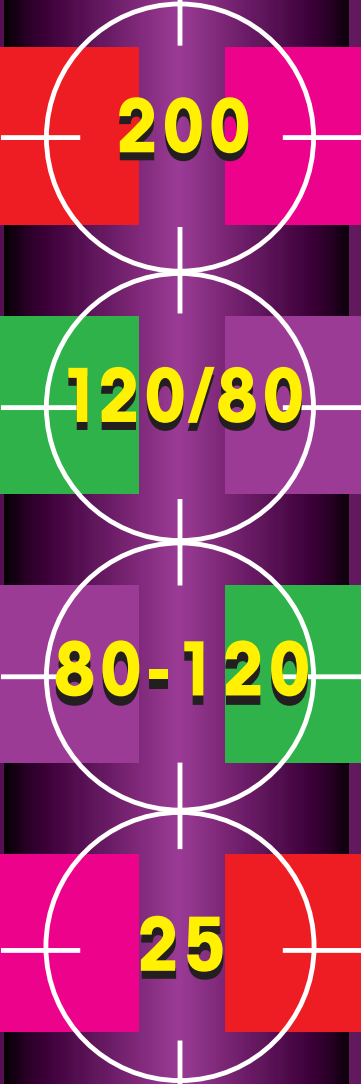
MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com
1-866-HLTHY4U

Mississippi State Department of Health
Office of Preventive Health
Post Office Box 1700
Jackson, MS 39215-1700
601-576-7781

Know Your Numbers

200

120/80

80-120

25

for a better life

What Numbers Should *You* Know?

Your cholesterol, blood pressure, blood sugar and body mass index numbers are key indicators of your risk level for having a major illness.

If you know these numbers, you can take action to reduce your chances of developing heart disease, diabetes, and many other chronic illnesses.
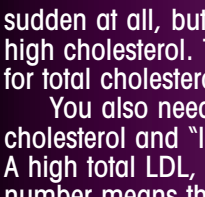
Don't let your health "just happen." Know your numbers and take charge for a better life!

200

120/80

80-120

25

Cholesterol Target: 200 or Less

200

Sometimes the body makes and stores extra fats and cholesterol. A "sudden" heart attack may not really be sudden at all, but caused by years of living with high cholesterol. The normal range is 200 or less for total cholesterol.

You also need to know your "healthy" HDL cholesterol and "lousy" LDL cholesterol numbers. A high total LDL, or a low HDL cholesterol number means that you need to take immediate action to prevent potential threats to your health such as a heart attack or stroke.

There are no definite symptoms of high cholesterol. That's why it is important to see your doctor and know your cholesterol numbers.

Blood Pressure Target: 120/80 or Less

120/80

Blood pressure is a measure of the amount of force it takes for your heart to pump blood through your body. High blood pressure increases your risk of having a heart attack or stroke, and for developing kidney disease. It can damage your brain, eyes and arteries, too. Your blood pressure should be less than 120/80.

You may have no symptoms that you have high blood pressure. About 60% of all Americans age 60 and over have high blood pressure, and it occurs more often among African Americans. In Mississippi, close to one million people have high blood pressure. Of those, 300,000 don't know they have it.

Anyone can have high blood pressure. Check with your doctor to know your blood pressure numbers.

Blood Sugar Target: 80 to 120

80-120

Glucose is sugar in the blood that is the body's main source of energy. If your glucose is too high or too low, you may have diabetes. The average blood sugar range is 80 to 120.

One out of three people in Mississippi with diabetes don't know they have it or are not being treated. Diabetes can strike people of any age. Diabetes is more common in nonwhite populations. Symptoms may include frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, or blurry vision.

If you have been diagnosed with diabetes, you also need to have your A1C number checked. Your A1C tells how well you are controlling your blood sugar over a three-month period of time. Your A1C should be less than 7.

Diabetes is an extremely dangerous condition when left untreated. It can lead to heart disease, blindness, arm or leg amputations, and kidney disease. That's why it is important to see your doctor and know your blood sugar numbers.

Body Mass Index Target: 25 or Less

25

Body mass index (BMI) is a measure of your weight in relation to your height. It indicates your "fatness" and should be 25 or less. A number over 25 means you are overweight, and a number over 30 means you are obese. Extra weight can lead to high cholesterol, heart disease, diabetes, and many other chronic illnesses.

Check with your doctor to determine your BMI, then take action to control your weight.

How Can You Have a Better Life?

Here's how you can take charge of your health for a better life:

Know Your Numbers

- Control your weight
- Increase your physical activity
- Don't use tobacco products
- Eat healthy foods
- Know Your Numbers!

Know *Your* Numbers:

Know Your Blood Pressure!

Blood pressure is a measure of the amount of force it takes for your heart to pump blood throughout your body.

Date:	BP:	Date:	BP:

Know Your Cholesterol!

Some foods cause the body to make extra fat and cholesterol, which can put you at risk for having a heart attack or stroke.

Date:	LDL-C	HDL-C	Fat (TG)	Total C

Personal Information

Name:_____ Phone:_____
Address:_____
City:_____ State: _____ Zip: _____
Doctor:_____ Phone:_____
Food/Medication Allergies: _____
_____

Emergency Contact:
Name:_____ Phone:_____
Name:_____ Phone:_____